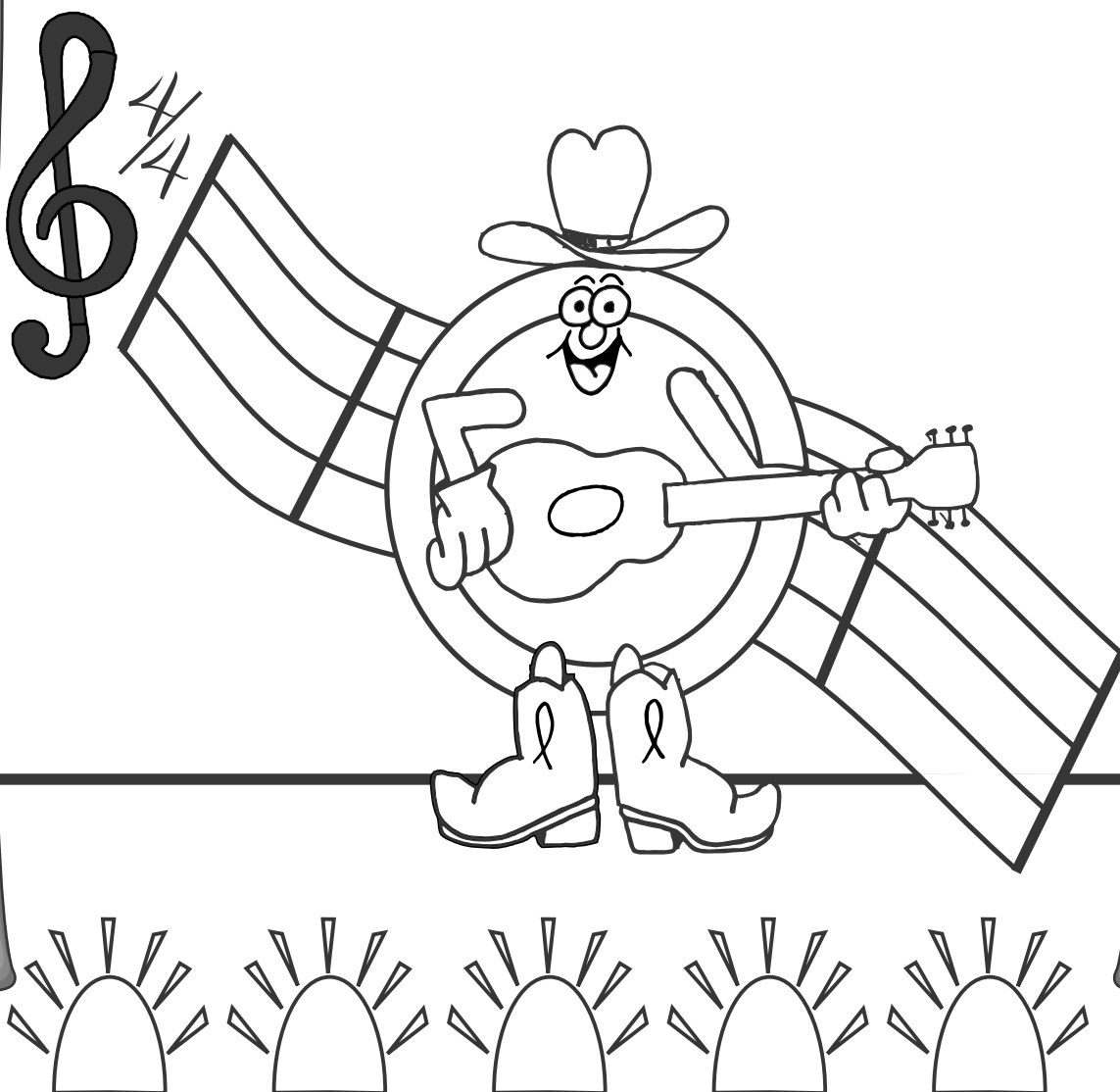
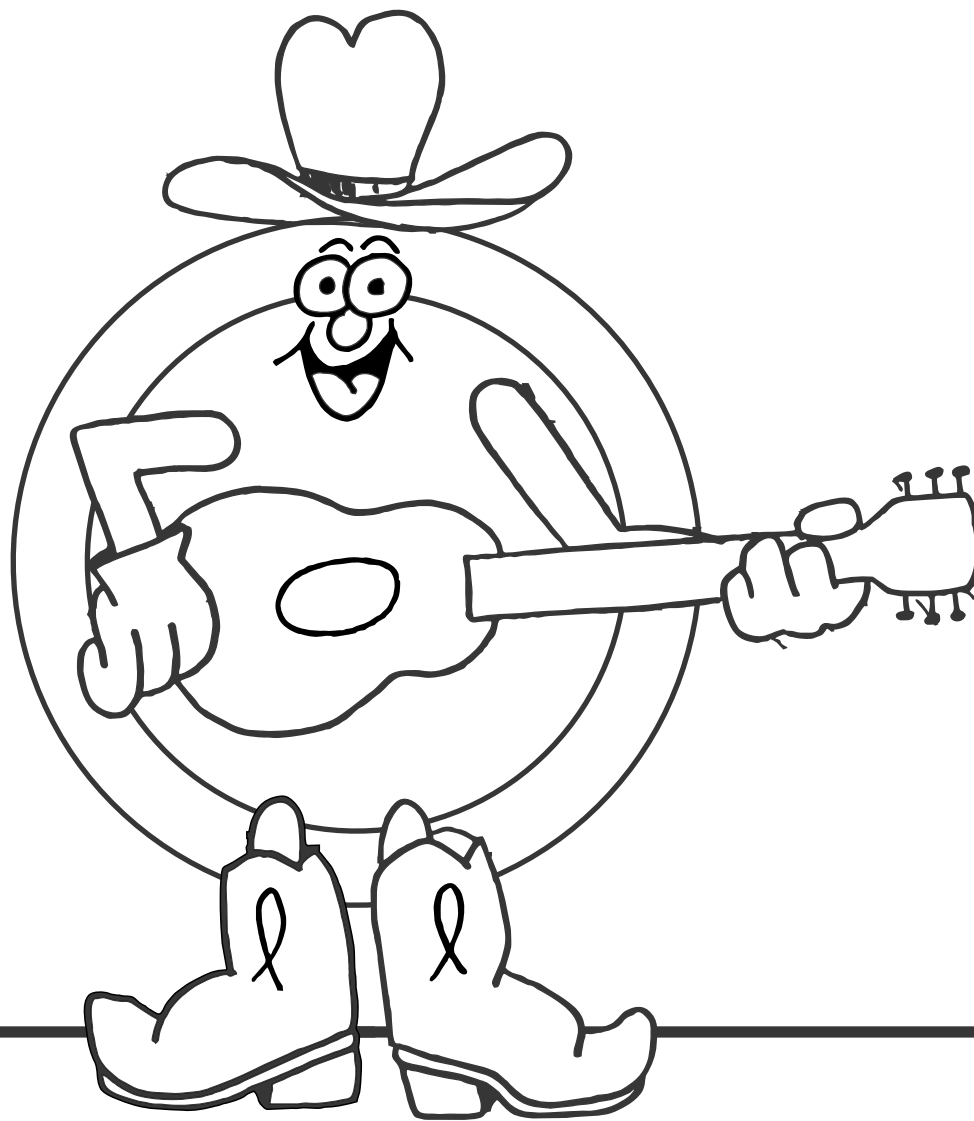


# Patrick

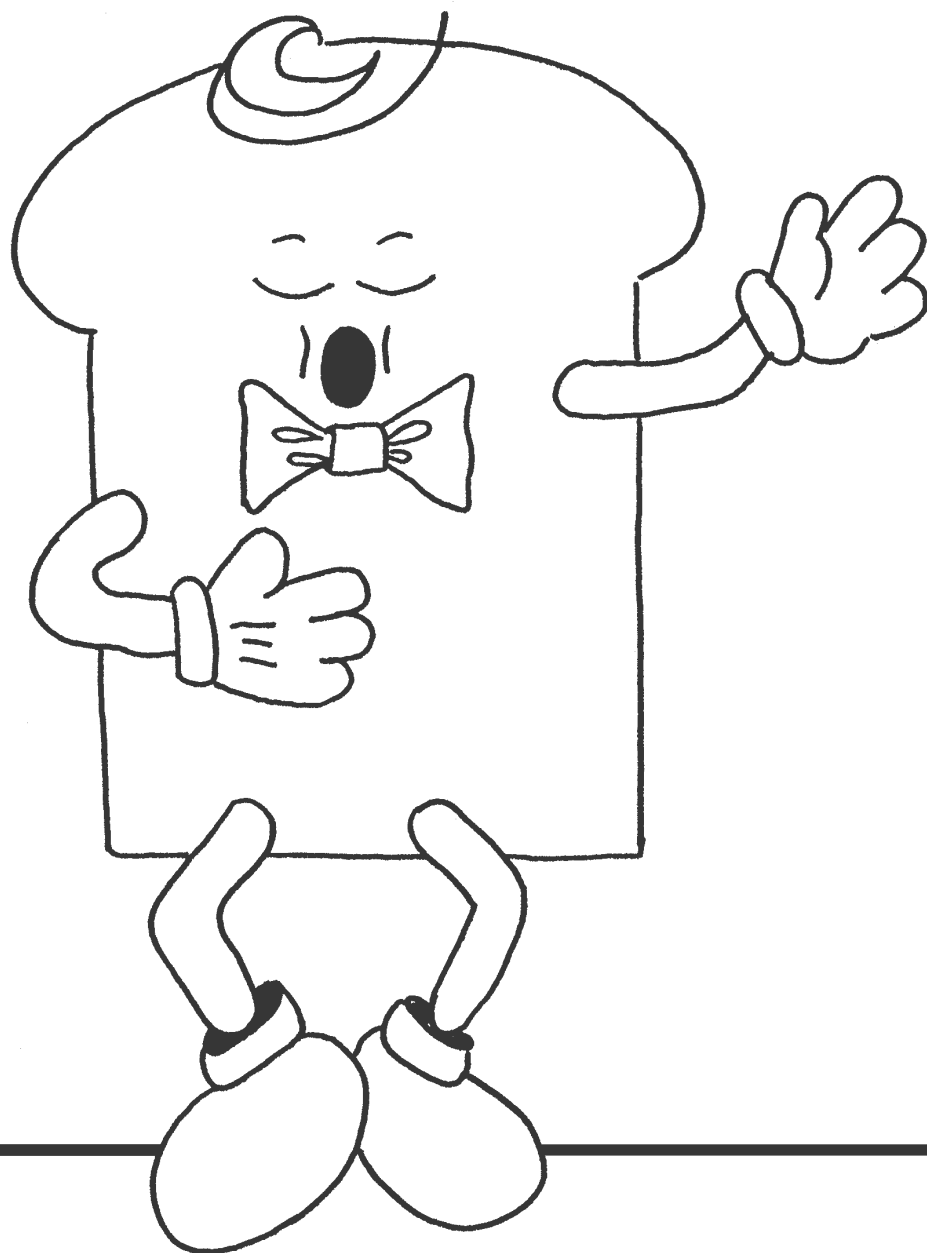
Your MyPlate Guide  
and The Good Foods Band



**Follow me, I'm Patrick the MyPlate Guide !  
Come along and join my Good Foods Band!**



**Lets get started with breads, grains,  
and cereals. We're classics!  
Make us a part of every meal.**



Jazz up your meals with Tooting Fruity  
...make sweet music with me!  
Fruits and fiber add beauty!



**Hi kids, I'm Miss Broccoli, part of the  
vegetable family. Lots of vitamins and variety  
keep you hopping and rocking with me!**



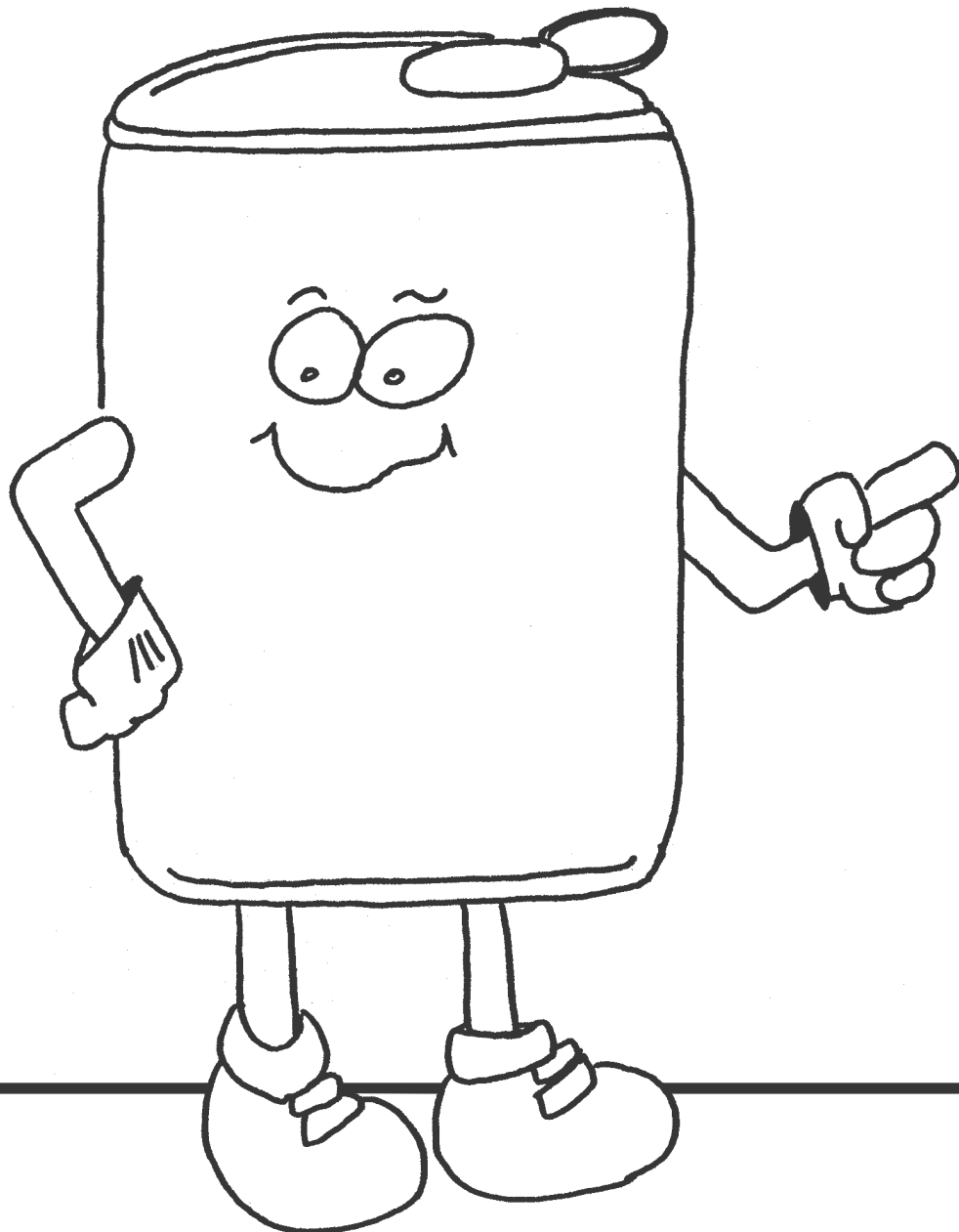
**Cha-Cha Chicken's the name. Meat and proteins are  
my game. You'll really be moving  
when you eat some every day!**



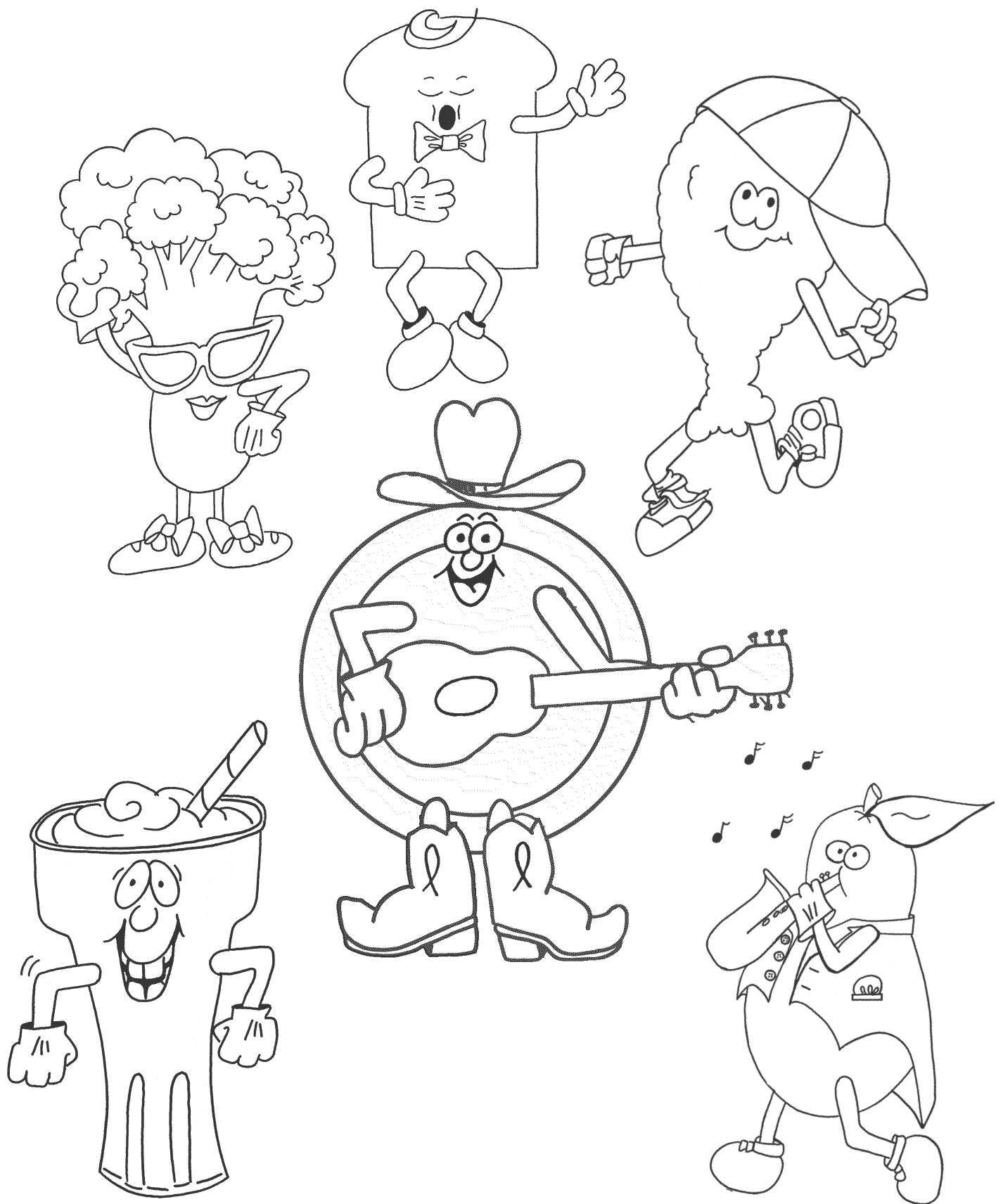
**Shake it up! Milk is great for teeth and strong bones. Lots of calcium keeps you dancing to the tunes!**



I'm Rocky Top Soda. Even I say fats,  
sodas, and sweets should be limited to treats.  
Too much of us can ruin your supper  
and are bad for your teeth!

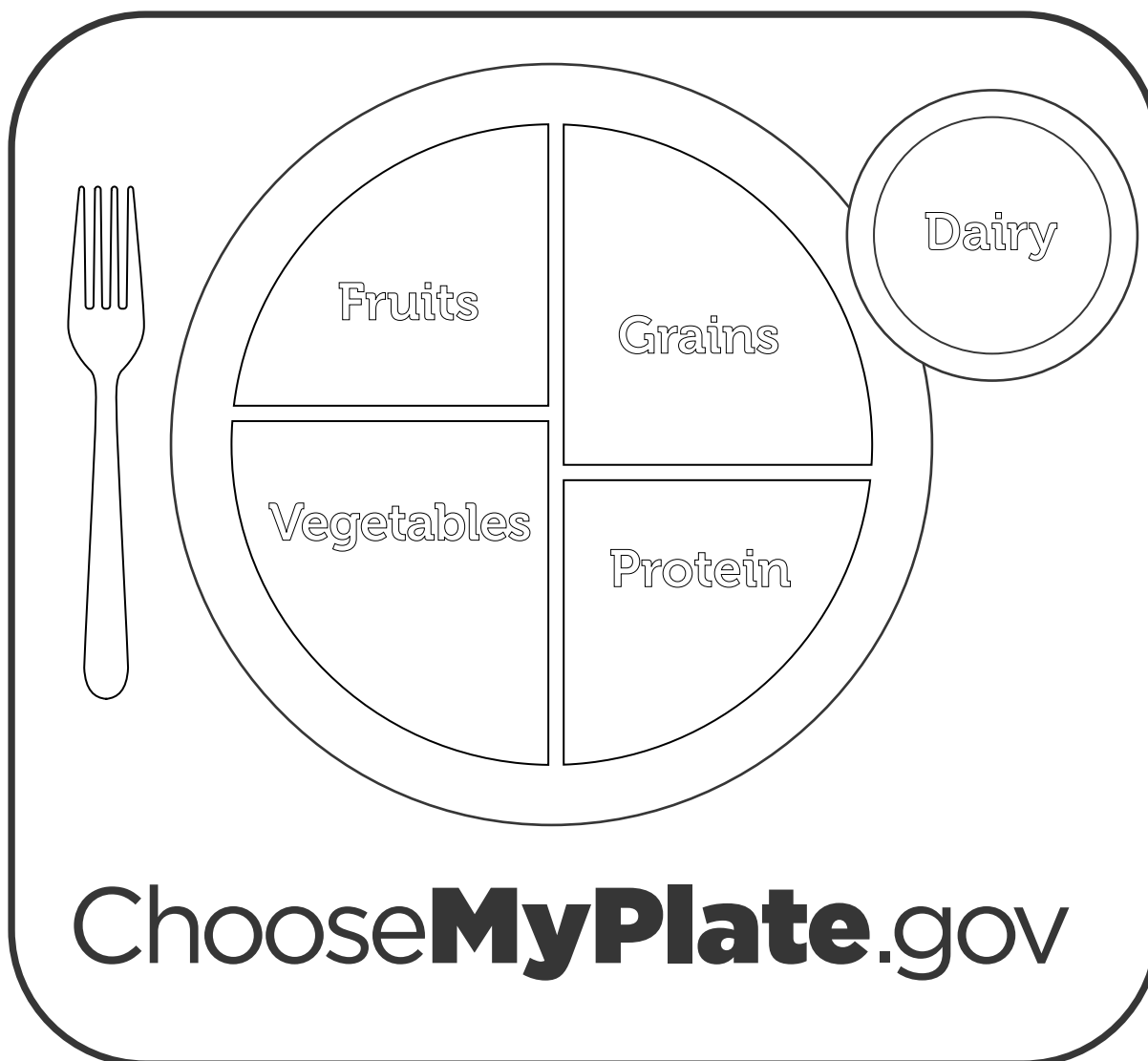






Together we make quite a band.  
Remember to eat something from all parts of MyPlate and  
we'll be your nutritious helping hand!

Join Patrick and The Good Foods Band. Eat foods from each part of MyPlate every day.



Coloring book created by Cindy Roberts for the Tennessee WIC Program

For more information about the Tennessee WIC Program visit <http://health.tn.gov/wic>

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